



Serves: 4

Roasted Corn Dip

Ingredients

- Sweet corn kernels 240g
- Cucumber, diced 160g
- Onion, diced 80g
- Tomatoes, diced 80g
- Coriander leaves, chopped 30g
- Fresh basil, sliced 3 tsp
- Salt and pepper, a pinch
- Cherry tomatoes (red or yellow), quartered, as garnish 20g

Sweet Corn Dressing

- Plain low-fat yoghurt 120g
- Corn kernels, 40g
- Crushed black pepper, a pinch

Tips:

- Grilling, roasting or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Make your own healthy salad dressings to control the amount of fat, oil or seasonings.
- Vegetables such as tomatoes, corn, peas and mushrooms are good sources of glutamate and act as natural flavour enhancers.

Method

- Quickly sear the corn kernels in a hot pan until caramelised. Leave to cool.
- Using a hand blender, process the yoghurt and 40g corn kernels to make the dressing.
- In a clean bowl, mix all the cut ingredients and add the dressing. Toss lightly until all the ingredients are well mixed.
- Serve in a chilled bowl and garnish.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 85kcal
Protein 4.1g
Total fat (g and % of total calories)
1.4g (14%)
Saturated fat 0.3g
Cholesterol 1.8mg
Carbohydrate 14.8g
Dietary Fibre 1.1g
Sodium 315mg